

2015 programmes-on-a-plate

week 21 to 24: *master spy*

overview

WEEK	THEME	CHALLENGE	SILVER WOLF	GOLD WOLF
21	The Great Escape	Outdoor	Hiking: Go on a nature ramble with your Pack and listen to and identify sounds. Look for and identify, if possible, some interesting natural objects.	Hiking: Discuss the natural dangers you may find in the veld and demonstrate three ways of making distress signals. Know what to wear and take with you on a hike.
22	It takes Skill to be a Spy!	Outdoor	Knotting: Round turn and two half hitches and hank a short rope.	Knotting: Fisherman's knot and hank a long rope.
23	A Tale of A Great Spy	Awareness	Healthy Mind: Know the story of Kim and Kim's game.	Healthy Mind: Revise the story of Kim and Kim's game.
24	Practice makes Perfect	Awareness	Healthy Body: Throw a ball to somebody else and catch it again eight times out of ten. Dribble a soccer ball and shoot a goal OR hit a ball with a bat three times out of six bowls. Climb a tree.	Healthy Body: Be able to hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop. Climb a rope to a height of three metres. Do TWO of the following: headstand, handstand, cartwheel, star jumps, leapfrog over a Cub your own size.